

#### Zero Suicide: It can be done.



- American Foundation for Suicide Prevention

Nationally, one person dies by suicide every 11 minutes.

In 2019, 792 New Jerseyans died by suicide.

Nationally, for every death by suicide, there are about 30 attempts.

- CDC (2022) https://www.cdc.gov/suicide/facts/index.html

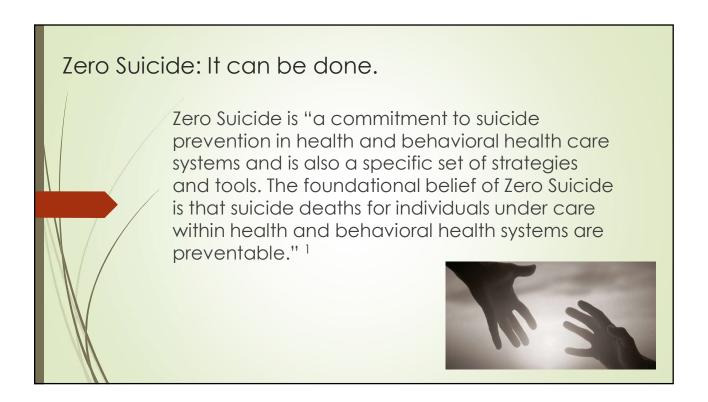
#### The Advent of 988

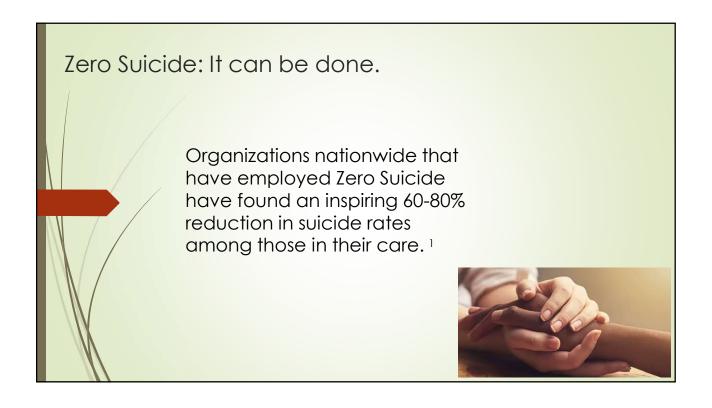
988 will be a mental health crisis number with calls being handled by National Suicide Prevention Lifeline counselors.

Because of the simplified number, access via texting, and the anticipated decrease in police involvement, the number of crisis calls per state is expected to increase significantly over time.

SAMHSA anticipates an initial "modest increase of 25 percent in call volume" in the months after full implementation.

https://www.samhsa.gov/sites/default/files/988-appropriations-report.pdf





### Zero Suicide: Testimonials

"Zero Suicide...will help us in our continued journey towards zero harm."
- Bergen New Bridge Medical Center, Paramus, NJ

"(Zero Suicide) laid the framework for understanding how to identify risk and consider the unique treatment needs...It also provided guidance about how we, as an agency, can organize our leadership and staff in getting behind this effort and training accordingly.

- Nurtured Heart Approach ®

"(Zero Suicide) challenged us to think differently about how we provide care center-wide, across all levels of care and populations that we serve. Our ultimate goal at the start of the Academy was to be able to provide safer suicide care and we all left empowered recognizing that we can and need to do this."

- Richard Hall Community Mental Health Center

## **Upcoming Trainings & Consultative Sessions**

- Friday, May 20, 10:00am to 12:00pm "DBT and Suicide"
- Friday, June 3, 10:00am to 11:00am
   "DBT and Suicide" Q&A and Consultative Session
- Friday, June 10, 10:00am to 12:00pm "Suicide Screening and Assessment"
- Friday, June 24, 10:00am to 11:00am
   "Suicide Screening and Assessment" Q&A and Consultative Support
- Friday, July 8, 10:00am to 12:00pm "CBT and Suicide"
- Friday, July 22, 10:00am to 12:00pm
   "CBT and Suicide" Q&A and Consultative Support

# Registration

We will be using the Zoom Platform for each of the Zero Suicide events.

Please use this link to register.

https://rutgers.zoom.us/meeting/register/tJUqf-itqTsvHN3nlwx3NJtD-DUdikVwZqtt

After registering, you will receive a confirmation email containing information about joining the meeting.



## Zero Suicide: It can be done. Resources

- 1 Suicide Prevention Resource Center https://www.sprc.org/zero-suicide
- 2 United Health Foundation: American Health Rankings https://www.americashealthrankings.org/explore/annual/measure/Suicide/state/NJ
- 3 CDC Wonder https://wonder.cdc.gov/mcd.html
- 4 New Jersey Department of Health https://www-doh.state.nj.us/dohshad/indicator/view/Suicide.year.html
- 5 New Jersey Department of Health https://www-doh.state.nj.us/doh-shad/indicator/view/LCOD15to24.CODTrend.html
- 6 Kaiser Family Foundation https://www.kff.org/statedata/mental-health-andsubstance-use-state-fact-sheets/new-jersey/
- 7 National Alliance on Mental Illness https://www.nami.org/getinvolved/awareness-events/suicide-prevention-awareness-month
- 8 SAMHSA https://www.samhsa.gov/resource/ebp/zero-suicide-toolkit